

# NASM CPT Exam Dumps in PDF Format

## NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes -Answer- D: 3-5 minutes

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism -Answer- C: place

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. -Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate, 12-20/Slow, 1-12/Explosive -Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max -Answer- b. 76% to 85% of HR max

Which of the following is the innermost layer of muscular connective tissue?

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## NASM Certified Personal Trainer Exam Sample Questions (Q73-Q78):

### NEW QUESTION # 73

Which of the following medications is prescribed for arrhythmias?

- A. Nitrates
- B. Bronchodilators
- C. Diuretics
- D. Beta-blockers

**Answer: D**

Explanation:

Beta-blockers are commonly prescribed medications for arrhythmias (abnormal heart rhythms), as well as for conditions like hypertension and certain forms of heart failure. The NASM CPT7 Study Guide explains that cardiovascular disease includes "heart rate problems, and arrhythmias", and medications such as beta-blockers help regulate heart rhythm by blocking the effects of adrenaline on the heart's beta receptors. This results in a slower, more controlled heart rate and reduced workload on the heart. In exercise settings, CPTs must be aware that beta-blockers lower both resting and exercise heart rates, which makes heart rate-based training zones less reliable; perceived exertion (RPE) or talk tests are recommended instead for intensity monitoring. Other listed options-nitrates (for angina), diuretics (for fluid retention in hypertension/heart failure), and bronchodilators (for respiratory conditions)-do not serve as primary rhythm-control agents for arrhythmias. Thus, beta-blockers are the most accurate answer for this question.

### NEW QUESTION # 74

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- A. Vertical loading
- B. Pyramid
- C. Drop-sets
- D. Horizontal loading

**Answer: A**

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

### NEW QUESTION # 75

A 60-year-old female with a Cardiovascular Risk Profile assessment of 33 is 80 pounds overweight, but she is highly motivated to start an exercise program. The trainer should advise her to:

- A. Consult her physician
- B. Seek a qualified yoga instructor
- C. Implement a low carbohydrate diet
- D. Start a walking program

**Answer: A**

### NEW QUESTION # 76

What number in the image refers to the deltoids?

- A. 0
- B. 1
- C. 2
- D. 3

**Answer: C**

#### NEW QUESTION # 77

What is the second stage of the aerobic progression model?

- A. Preparation conditioning
- B. Initial conditioning
- C. Maintenance conditioning
- D. Improvement conditioning

**Answer: B**

#### NEW QUESTION # 78

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